## PATIENT'S NAME: DIAGNOSIS: PRECAUTIONS: ☐ Evaluate and Treat Home Program (i.e. home, gym) Work/Functional Conditioning ☐ Therapeutic Exercise Traction Modalities Other COMMENTS: Frequency: X per week for weeks Signature:

PHYSICIAN REFERRAL

We accept referrals from any physician. Most insurance plans are accepted. Please give us a call for more information.

Bacci & Glinn Physical Therapy, Inc. Visalia: (559) 733-2478 phone • (559) 733-2470 fax Hanford: (559) 582-1027 phone • (559) 582-8105 fax

# Physical Therapy for ARTHRITIS PAIN



#### Visalia Office

5533 W. Hillsdale Ave., Suite A Visalia, CA 93291 (559) 733-2478 phone (559) 733-2470 fax

#### **Hanford Office**

331 North 11th Ave. Hanford, CA 93230 (559) 582-1027 phone (559) 582-8105 fax

www.bandgpt.com

Conveniently Located
Same-day Appointments Possible
Most Insurance Accepted
Cash / Check / Credit Cards Accepted



Recover your quality of life without drugs, side effects or surgery.

Physical therapy is the clear choice!

Physical therapists (PTs) are experts in the art and science of the evaluation and treatment of human movement dysfunctions. We care for people of all ages and treat a variety of muscle, joint and neurological conditions.

#### Conditions we have successfully treated:

- Joint pain
- Osteoarthritis
- Rheumatoid arthritis
- Hip arthritis
- Shoulder arthritis
- Hand arthritis
- Knee arthritis

#### What are my treatment options?

- Drugs
- Epidural Injections
- Surgery
- Physical Therapy\*

#### **Advantages of Physical Therapy:**

- No side effects
- Cost-effective
- Supported by clinical research\*
- Customized to treat the underlying cause







#### **Your Recovery Process:**

- Recovery of joint motion
- Recovery of strength
  - Pain relief
  - Improved function
  - Independent care

#### Components of Your Care:

- A thorough biomechanical evaluation
- Extensive patient education
- A customized treatment plan
- Effective joint mobilization techniques to decrease joint stiffness
- Pain-relieving modalities such as ice, heat, ultrasound or electrical stimulation
- Targeted stretching for tight muscles
- Progressive strength training
- Balance and functional re-education

Everyone is different. You may require one or two visits, or an extended care plan over several weeks or months.

### Make an appointment today. Start feeling better tomorrow.

- Call to schedule a consultation.
- Visit our Web site for answers to frequently-asked questions.
- Ask your physician to complete our referral form.

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\* Physical therapy techniques are recommended for arthritis of the knee, hip, shoulder, and hand. Physical Therapy 2005 85: 907-971; Physical Therapy 2004 84: 934-972

